



## Organization of Kindness Clubs and Educational plan for our Schools in the State of Utah

### Leadership to put this into action within our State

- Kindness Board of Directors and Sponsors
- Kindness Ambassadors - College Age Ambassadors who help with training, videos, speaking, assemblies, and PKA training
- Connection with school boards and community leaders

### Kindness Club Faculty and Advisors

- One Faculty Member and one advisor assigned to oversee and lead
- Trained by Kindness Ambassadors on the State Level in Aug of each year- Online training is also available

### High School Kindness Club Team Leaders

- Nominated by classmates
- Trained by an adviser
- Attend a class every B day in their school schedules
- Kindness club adviser teaches class, provides training
- Put on 1 assembly in each Elementary school assigned to them
- Visit each Elementary school assigned to them 1 time and teach lesson in classrooms.

### High School Kindness Club

- Run by Kindness Team Leaders
- Anyone can join
- Meets monthly after school or at lunch
- Monthly Kindness in Action activity/ service project
- Help with assemblies and elementary school visits

### Junior High Kindness Club

- Nominated by classmates
- Trained by an adviser

- Attend a class every advisory
- Kindness club adviser teaches class, provides training

### Elementary School Kindness Club

- 2 Students per class chosen by Teachers
- PTA Kindness Club parent rep or Head Teacher
- Meet once a month during school or after school
- Go back and teach what they learn to their classrooms after the meeting each month.

### Training for Kindness Clubs

#### Online Training for Kindness Clubs

- Online Training will be available for Principals, Faculty, Advisers and Student Team leaders including inspiring videos, speakers, and ideas for their Kindness week or month.
- Every adviser and team leader receives “PKA training”
- PKA training is Putting Kindness into Action.
- The training includes: What is Kindness, the benefits of Kindness, putting Kindness into action, and teaching Kindness to others. How to implement this in your schools.
- Outlines for monthly themes and how to teach and implement
- A monthly video is provided to be used within their schools with their Team Leaders and Advisers.

### Kindness Website

#### Online Website Resources

- What is Kindness? Benefits of Kindness. How to put Kindness into action every day. Inspire Kindness in others
- Kindness Club Resources
- Monthly lesson plan to be used within their Kindness Clubs
- Printable Poster to put in their schools with the theme each month
- Kindness Store- Selling sweatshirts, t shirts, stickers etc. all proceeds go back into the Choose Kindness program
- Logos available for use for Choose Kindness Club T shirts for their schools
- Workshops available for Faculty, Team Leaders and Clubs both through webinars and in person

- List of Ideas for Lunch time activities and PKA activities- Putting kindness into action for care centers, refugees, homeless, families, and in schools and communities.
- Choose Kindness District Retreat resources including speakers, videos, an outline of how to put it into action
- Yearly Assembly outline to be used within Districts and put on by the High School Kindness Club Team Leaders
- High School Kindness Club Team Leader School Visit day outlines where they visit Elementary Schools within their districts and teach a message to a classroom of students.
- Community events- How to put Kindness into action in your community.

### Retreats for Kindness Faculty, Advisors and Kindness Club Team Leaders

#### Kindness Club Statewide Retreats

- The outline for these Retreats will be found online if they cannot attend in person and can also be viewed online live.
- Every school can sign up to attend the Retreat
- The Retreat is led by the Kindness Ambassadors and Kindness Board.
- The Retreat is held at a college university and is a 2 day event
- The Retreat includes training, service projects, speakers, and ideas of how to put this program into action within their schools and communities.
- The Retreat proves PKA training- Putting Kindness into Action.

#### PKA Training - Putting Kindness into Action training

#### Every Faculty, Advisor and Kindness Club Team leader is PKA trained

- What is Kindness
- Benefits of Kindness
- Why do we need Kindness?
- How to put Kindness into action
- How to teach and inspire others to put Kindness into action
- Kindness projects in your community
- Kindness projects in your school
- Kindness projects in your family
- How to reach the one
- How to inspire the whole

### Social Media and Marketing and Advertising

- Instagram, Facebook, Twitter, Snapchat utilized to spread awareness and inspire others to Choose Kindness every day.
- Every school is encouraged to have a Choose Kindness Instagram and follow the main account
- Videographer and Photographer

### Educational Program for our Schools and Kindness Clubs

- Monthly Theme including lesson plans, service project, lunchtime activities, assembly ideas, music, videos, and pictures to be used during each month. This will change yearly.
- This is developed with the help of Kindness Board, Kindness Club team leaders, and Kindness ambassadors and donors.
- This is created in a way that it can be printed online, used with online resources, and is easy to use and implement.

### Working Hand in Hand with Greg Hundall and Hope Squads

- The more students we have working towards a common goal the better
- Hope Squad members are QPR trained. They work closely with at risk students
- Kindness Club supports this effort and educates EVERY student on the power of Kindness and putting Kindness into action. Educating on the importance of being kind creates a unified effort of students, faculty and communities working on the other side of where Hope Squad comes in. We are on one end, they are on the other and our efforts reach everyone within our reach.
- Hope Squad watches out for and looks to save the one who feels alone or suicidal.
- We can work together and be a powerful force for good.
- We literally work hand in hand. They are one hand we are the other working unitedly towards a common goal.

